

# Senior Adult Pacesetters

## AARP-DRIVERS SAFETY COURSE

The nations' first and largest classroom refresher course geared especially to your safety needs. The eight hour course will be held here at the Addison Athletic club. You will learn defensive driving techniques, how to adjust your driving to age-related changes, how to get your auto insurance discounted and you don't have to take a test. Sign-up now! Register at the front desk. The class will take two Saturdays to complete.

DATE: Saturday, September 8 & 15

TIME: 9:00 a.m. - 1:00 p.m.

FEE: \$10 pay instructor

AC: 1590.401

## FIRST MONDAY-DAY TRIP

Those of us who know about Canton love to share this "not-so-secret" shopping Mecca with just about anyone who will listen. First Monday is visible in just about every travel show in Texas, and hundreds of thousands of brochures are distributed world wide. This event has earned the title: WORLD FAMOUS FIRST MONDAY TRADE DAYS and YES, there has been a First Monday Trade Days for nearly 150 years. There are reasons that this event continues to provide the "experience" to millions of visitors each and every year. Come spend the day in Canton with us! Lunch will be on your own. Transportation will be provided.

DATE: Thursday, September 27

TIME: Leave 8:00 a.m.

FEE: \$10

AC: 1505.401

## ADDISON FIRE STATION TOUR 101

Come learn about your fire station and what the Fire Department is all about. Come meet the firemen and take a tour of station #2. Our firemen work really hard and train hard to keep our city safe. Come show your support. Meet at fire station #2 next to the Addison Athletic Club.

Register at the front desk.

DATE: Saturday, September 29

TIME: 10:00 - 11:00 a.m.

FEE: Free!

AC: 1501.401

## STATE FAIR OF TEXAS

Big Tex is calling your name.....and so is that Fletcher's Corny Dog!!! Here we go to take care of that irresistible

urge to smell and hear and see all there is at the State Fair. Join us for a fun filled day.

DATE: Thursday, October 11

TIME: 10:30 a.m. - 4:00 p.m.

FEE: \$14/ Senior 60 and over free!

AC: 1538.401

## DISNEY PRESENTS "THE LION KING"

Disney presents The Lion King at the Music Hall at Fair Park. A spectacular visual feast, this adaptation of Disney's much-loved film transports you to a dazzling world that explodes with glorious colors, stunning effects and enchanting music. At its heart is the powerful and moving story of Simba, and his epic journey from wide-eyed cub to his destined role as King of the Pridelands. The seats are located in the B-orchestra area. We will enjoy dinner together before the show.

DATE: Tuesday, October 16

TIME: 5:00 p.m.

FEE: \$80 + dinner on your own

AC: 1544.401

## ELECTION PANCAKE BREAKFAST

We would like to get everyone out and voting so come have breakfast on us. You can stop by for a quick bite at the Addison Athletic Club and off to vote right next door at Fire station #2. Please sign up at the front desk so we have a head count.

DATE: Tuesday, November 6

TIME: Breakfast served from 7:00 -8:30 a.m.

AC: 1509.401

## NACODOCHES-THE OLDEST TOWN IN TEXAS

Six flags may have flown over Texas, but nine have flown over Nacogdoches! Visit the oldest town in Texas and uncover the stories behind the flags -- battles won, lives lost, hearts broken, and independence gained. Be our guest and discover why Nacogdoches is "as unique as it sounds!" Lunch and Dinner will be included in the tour.

DATE: Friday, November 9

TIME: 7:30 a.m. (all day)

FEE: \$35

AC: 1510.401

## ANNUAL THANKSGIVING DINNER

Celebrate the Holiday season with your friends from the Addison Athletic Club. We will hold our annual

Registration for all classes begins Monday, August 27, 2007. Fall session will run from Saturday, September 1, 2007 through Friday, November 30, 2007.



Thanksgiving Dinner prepared by YOU! Please register to bring a side dish or dessert and we will provide the meat, rolls and drinks. We will meet at the Addison Conference Centre and enjoy live music.

DATE: Thursday, November 15

TIME: Dinner served at 6:30 p.m.

AC: 1509.401

### **TEXERCISE CHALLENGE**

Texercise is a statewide fitness campaign to educate and involve Texans and their families in physical activities and proper nutrition. Texercise is a 12-Week Fitness Program, provides participants with a beginning and end time for their training, making it easier for them to implement and stay committed. Along the way, participants are provided with motivation, small prizes and an end goal or event to celebrate their achievements all for FREE. We meet once a week for motivation and support. We will have great speakers to help motivate us. Sign up now!

DATE: Wednesdays, September 5 -November 21

TIME: 10:30-11:30 a.m.

FEE: Free

AC: 1560.401

### **LUNCH BUNCH**

There are many of us who believe that fellowship is an integral part of our lives. It is always nice to have a place and time to gather and catch up, along with a good meal!! So, let's gather! Please register in advance to help with reservations. We will meet at 11:30 a.m. each month at a different location.

**Greenz Salad**-15615 Quorum Drive

DATE: September 19

AC: 1585.401

**Celebrity Café and Bakery**-5100 Beltline #802

DATE: October 24

AC: 1585.402

**Vivant**-14833 Midway Road

DATE: November 14

AC: 1585.401

### **TAI CHI**

Doctors are recommending Tai Chi as a great form of exercise and relaxation. Studies have shown that the slow, gentle, and continuous movements of Tai Chi help develop muscles, improve balance, reduce stress, increase concentration, and promote an overall feeling of well being. The instructor is Chris Bouguyon, a 28-year martial arts veteran & the senior Tai Chi instructor for Arthritis Foundation of Texas. Come treat yourself to a healthy spirit, body & mind.

DATE: Thursday, Sept. 6-Nov. 18

TIME: 11:30 a.m. -12:30 p.m.

FEE: \$8 per class / \$70 punch card with 10 classes  
Please pay the instructor.

### **DUNN BROS. COFFEE CLUB**

Once a month come to Dunn Bros. Coffee House (3725 Beltline Road) and learn new things about your city and, see what's going on in the world. We will have a special guest each month. You don't have to drink coffee to join the group. Stay as long or short as you want. Can't wait to see you there!

DATE: Wednesday, Sept. 5, Oct. 3, Nov. 7

TIME: 10:30 a.m.

FEE: Only if you purchase a drink

### **BIRTHDAY BASH OF THE MONTH**

Everyone loves birthday parties! Come celebrate all the fall birthdays in the multi-purpose room. Cake will be served and if anyone wants to bring extra goodies that would be great! If your birthday is in September, October or November come and celebrate! Everyone is invited. It's going to be a party!

DATE: Friday, Sept. 14, Oct. 19, Nov. 16

TIME: 10:30 a.m.

FEE: Free

### **STITCHING FROM THE HEART**

Come join our stitching group, and help knit or crochet blankets for Medical City Children's Hospital. Every blanket will go to a sick child. We meet in the multi-purpose room every Tuesday.

Donations are encouraged!

DATE: Tuesdays, September-November

TIME: 11:00 a.m.

FEE: Free

AC: 1512.401

### **MEXICAN TRAIN HOUR-DOMINOES**

Mexican Train is a domino game where the basic object is to get rid of all of your dominoes before your opponents can do the same. Although it is a multiplayer game, there are no teams – each person acts independently. The game is typically played with Double-12 dominoes. Come join us once a month and play. Snacks are encouraged! We will play with one set of rules. If you don't know how to play, come and learn, it could be fun! Please sign up at the front desk so we can get a head count and pick up the rule sheet.

DATE: Thursdays, Sept. 7-Nov. 15

TIME: 1:00 p.m.

FEE: Free

AC: 1556.401

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